# Travel record noted in state

Cars, trucks, and buses traveled a record 60.2 million miles on an average day on Virginia's interstate, arterial, and primary roads in 1982, the state Department of Highways and Transportation said today.

The volume represented an increase of 2.6 per cent over 1981, and marked the second consecutive year of traffic growth after a rare decline in 1980.

Still, traffic reflected the impact of the fuel situation; prior to the oil embargo of the 1973-74 period, use of the state's highways had normally increased about 5 per cent annually.

A. L. Thomas, Jr., the department's traffic and safety engineer, said that, as in past years, interstate routes continued in 1982 to serve the lion's share of traffic on the three road networks, which together are 8,760 miles in length.

With 11½ per cent of the road mileage, the interstate system carried 39 per cent of the traffic. It also served 67 per cent of travel by passenger cars registered in other states, and accounted for more than 64 per cent of trailer-truck travel, he said.

Thomas said I-95 -- with 1.7 per cent of the road mileage -- served nearly 19 per cent of total travel by trailer-trucks and just over 26 per cent of total travel by out-of-state passenger cars.

The most heavily traveled section of Virginia highway was also in the interstate system. That's the segment of I-395 between the 14th Street Bridge and US Route 1 in Northern Virginia, with a daily volume of 143,950 vehicles.

Another interstate highway in Northern Virginia, the I-495 Capital Beltway, had the highest average traffic among routes more than 10 miles in length with 111,500 vehicles daily.

Aside from the interstate system, the arterial network, with about 18½ per cent of the road mileage, served nearly 22 per cent of the total traffic. The primary system, representing 70 per cent of the road mileage, carried about 39 per cent of the traffic.

Of the total daily average of 60.2 million vehicular miles of travel, 61 per cent -- or 36.8 million miles -- was by Virginia-registered passenger cars. About 13 per cent, or 7.6 million travel miles, was by out-of-state passenger cars; just over 19 per cent, or 11.5 million miles, was by single-unit trucks, and about 7 per cent, or 4.3 million miles, was by trailer-trucks and buses, Thomas said.

GEORGIA WEBBER, (standing) talks with diners at John Mosby Inn Restaurant, which is now under the management of Audrey Wright and Georgia. The former manager, Perry Wright, left Appomattox recently when recalled to work by United Airlines, where he is a pilot. Perry is the son of Audrey and Henry Wright. The restaurant is open from 11 a.m. to 8 p.m. every day except Wednesday.

# Consumers optimistic

Despite the fact that more of them have been shaken by the current recession than in any other period since the Great Depression, today's consumers remain cautiously optimistic.

They have shown that they can and will change, if they believe circumstances dictate it. Americans have drastically changed their energy consumption by buying smaller cars, putting more insulation into their homes, and lowering their thermostats.

One Virginian survey shows that 40 percent of those responding changed their principal place of buying food in recent years. A national survey finds that, within the last year, three of every four households made changes in their lifestyles.

The signs of consumer adjustments are all around us-more unit pricing, greater uses of coupons, and more eating together as a family, rather than eating away from home. We even find that we are consuming less water.

Consumers also have shown that they can retain their interests in pro-consumer issues as they adjust to changing economic conditions. A Lou Harris & Co. poll conducted last fall showed that more consumers were worried in 1982 than in 1976 about the poor quality of products, service and repairs, misleading packaging and labeling, improper handling of complaints and inadequate guarantees.

Consumers gave both federal and state governments low marks. In fact, the poll showed that the majority gave negative marks to the Reagan administration, Congress and private industry when it came to rating how those sections functioned as consumer protectors.

The poll did give positive ratings to the Better Business Bureau and the Consumer Union. The Harris survey also showed public support for government regulations declined between 1976 and 1982, but that the majority of Americans supported consumer protection regulations and educational efforts.

The same survey showed that political party, age, income or social class appear to have little effect on the consumer issues in which a person becomes involved.

A University of Wisconsin study for the Justice Department polled middle management retirees who previously had worked for one of the Fortune 500 companies. The recent study found a surprisingly high percentage of the retirees think government regulation is needed because industry can't police itself.

The necessity of consumers adaptability will increase as the nations of the world become more interdependent and we all become more dependent on technology. The changes will leave the consumer more vulnerable and, therefore, in more need of asistance.

The public appears willing and able to make the changes necessary as the modes of behavior and new game rules change, but we expect certain guidelines to be available to consumers so they will understand why the changes are being made. Explanations concerning real rates of interest and materials labeling are good examples of the latter.

If you would like more information concerning customers and their rights, you might check with your local Extension office and ask for Virginia Extension publication 354-18, "Do You Know Your Consumer Rights." It could be of great assistance to you.

## Farm group meeting set

The Halifax County Young Farmer Association will be host to the annual Southside Area Young Farmer tour, Thursday, July 7. Young Farmer members from the 17-county (including Appomattox County) Southside Area will meet at the Halifax Junior High School at 9 a.m. and proceed to the farms to be visited.

The tour will include stops at beef, crop, tobacco and general farms. Because of Central Fidelity's interest in farming, they will be host to a luncheon for the Young Farmers and guests.

Maynard Haymaker, Franklin County, president of the Southside Area Young Farmers, will preside during the day-long activity.

Arrangements for the tour were made by M.V. Hopson, instructor of agricultural education in the Halifax Junior High School.

*All about computers*

## Workshop slated

"Mirecomputers in Education", a computer workshop for educators, will be held at Longwood College on July 11-29.

The three-credit course will provide an introduction to programming in the BASIC language. Emphasis will be placed on the use of the microcomputer as an educational and problem-solving tool. The class will meet from 2:30 to 5 p.m., Monday through Friday, in the Wynn Building.

Among the workshop's objectives and activities are defining selected computer terminology, identifying microcumpter components, loading and running a prepared program, writing BASIC programs to solve simple problems and identifying and evaluating software that is technically compatible with hardware.

Participants will use TRS-80 Model III computers available at Longwood. If participants can make use of software or microcomputers from their own school, they are urged to bring these.

The workshop leader is Dr. John Arehart, an assistant professor of education at Longwood who has a background in mathematics education. Dr. Arehart, who supervises Longwood student-teachers during their practicum, recently taught BASIC programming to students in grades 4-12. He will be involved in other computer workshops at Longwood this summer.

For further information, contact the Longwood Office of Continuing Studies, Farmville, VA 23901, or call 392-9256.

## Legion convention slated

More than 1000 members of the Virginia American Legion are expected to attend the organization's 65th Annual State Convention in Arlington, Va., July 8-10, marking the end of its ninth consecutive year of membership growth.

Over 24 percent of the Virginia Legion's 34,500 members are now Vietnam Era veterans.

Highlights of the three-day session to be held at the Twin Bridges - Marriott Hotel will include:

- Presentation of the Virginia Legion's Public Service Award to Lewis A. McMurran, Jr. of Newport News Saturday afternoon, July 9.
- A major address by Senator John Warner during the convention banquet, Saturday evening, July 9.
- Presentation of a National American Legion Award for hiring veterans to Pinkerton Security, Inc. of Richmond, Saturday morning, July 9.
- Presentation of a State Legion Award for hiring handicapped workers to Mr. Robert Reed, a disabled Vietnam veteran and owner of Cookie Place and Bakery of Harrisonburg, Saturday morning, July 9.

For further information until July 6, 1983 please contact: Philip D. Grimm, Department Adjutant, AC 804-358-8688.

Mr. Grimm may be contacted between July 6 and July 9 at: AC 202 - 628-4300 - Ask for Legion Convention, Office.

## Vepco workers lead effort

Virginia Electric and Power Company had the largest number of employees participating and raised the most money of any corporate employee team in the nation in the 1983 March of Dimes WalkAmerica Campaign.

The 5,386 walkers representing Vepco in the WalkAmerica teamwalk on April 24 raised about $215,000 -- more than twice the amount contributed by the next highest utility. Among all types of corporations, Bank of America was second, with slightly less than $200,000.

Last year-with more than 1,000 employees and their families raising $50,000 in the teamwalk -- Vepco contributed the largest amount of any utility in the nation.

Vepco's effort this year was coordinated by Nancy Cross, director of office services, and Tim Sutor, senior office systems analyst, both in the management information services department at the company's headquarters in Richmond.

Cross and Sutor will represent Vepco at the March of Dimes National Telethon against birth defects scheduled for July 3-4 in Los Angeles. The 21-hour telethon will feature such performers as George Burns, Bob Hope, Sally Kellerman and Gregory Peck.

An interview with Cross and Sutor is scheduled to be broadcast on Monday, July 4, between 10:50 and 11:35 a.m. over television station WDCA, Channel 20, Washington, D.C.

## Robinson in Texas

Sgt. Daniel E. Robinson Sr., son of William S. and Thelma E. Robinson of Rural Route 1, Farmville, has arrived for duty at Fort Hood, Texas.

Robinson, a stock control specialist with the 13th Support Command, was previously assigned in West Germany.

His wife, Sabrina, is the daughter of George and Shirley Scott of Rural Route 2, Pamplin.


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# The scoop on 'sugarless jams'

By SHIRLEY W. WALTON
Extension Agent

**Sugarless Jams**

Dieters or persons with special dietary problems such as diabetes may have to give up sugar, but they don't necessarily have to give up all sweets. Instead of doing without, a person can make jams and jellies without sugar.

Strawberry preserves or grape jelly made without sugar may not be the same, but you would be surprised at the flavor.

Sugar helps the gel formation, serves as a preserving agent and contributes to flavor and texture. So jams and jellies made without sugar have to be gelled with unflavored gelatin, a special pectin or a gelling mixture. These jams and jellies can be sweetened with non-nutritive sweetener.

As they are not preserved with sugar, these low calorie jams and jellies should be stored in the refrigerator. They will keep up to four weeks. Many people freeze fruit or fruit juice so that they will have it ready to make fresh jams and jellies anytime during the year. This method works well and is most acceptable.

Jams and jellies made with artificial sweeteners, unflavored gelatin or a special pectin have between 8 and 12 calories per tablespoon. Those with low calorie jelly mixtures and artificial or no sweeteners have between 12 and 20 calories per tablespoon. Regular jams and jellies have between 50 and 55 calories in each tablespoon. For persons who wish to watch their calories and reduce the sugar intake, they may find that this is a good way to make their jams and jellies for regular table use.

Manufacturers of non-nutritive sweeteners provide recipes for sugarless jams and jellies.

A word of caution: I have experimented using the pectin designed especially for use with non-nutritive sweetener. I have found that the jam or jelly is better if you use less sweetener than the recipe calls for in the instructions. It seems that the sweetener becomes bitter after it has been put into a heated mixture and, also, will taste bitter as the product ages.

If you have a homemaking question or problem, call 352-8244 or write P.O. Box 488, Appomattox, VA 24522. It is always a pleasure to hear from you and to help you.

There is available in our office an excellent publication on drying foods. If you wish to obtain one, you may call or write our office. We shall be happy to send you one at no cost.

Have a good week!

RECIPE OF THE WEEK
**Elaine's Five-Flavor Cake**

3 cups flour
½ tsp. baking powder
3 cups sugar
½ cup shortening
2 sticks margarine
5 eggs
1 cup milk
1 tsp. vanilla flavoring
1 tsp. rum flavoring
1 tsp. coconut flavoring
1 tsp. butter flavoring
1 tsp. lemon flavoring or extract

Mix flour and baking powder together.

--cream together sugar, shortening and margarine.

Add eggs, one at a time.

Add milk and flour mixture alternately. Begin and end with flour.

Add the five flavorings

Pour into greased and floured tube pan and bake at 325°F. for 1½ hrs. or until tested done.

Icing:

1 cup sugar
½ cup water
1 tsp. of each flavoring (vanilla, rum, coconut, butter, lemon)

Mix the above ingredients together and pour over hot cake. Let cake cool in pan.

Many thanks to Elaine Stubblefield for sharing this deliciously different pound cake recipe with us.

Photo by Allen Austin

Mrs. Samuel Edward Webber

## Miss Letterman weds

The wedding of Miss Angela Faye Letterman to Samuel Edward Webber took place at seven o'clock Saturday, June 25 at the Elon Baptist Church.

The bride is the daughter of Mr. and Mrs. John E. Letterman of Pamplin and the groom is the son of Mr. and Mrs. Billy A. Webber also of Pamplin.

The Reverend Danny Owens, pastor of the church, officiated at the candlelit double-ring ceremony.

The bride was escorted by her father and given in marriage by her parents.

A program of nuptial music was presented by Mrs. Carol Richardson of Pamplin. Miss Kelly Webber, sister of the groom, was soloist, singing "The Rose", "The Wedding Song", and "The Wedding Prayer."

Miss Teresa Bass, was maid of honor.

Bridesmaids were Mrs. Danette Jennings of Pamplin, sister of the bride; Mrs. Debbie Farmer, sister of the groom, of Pamplin; Miss Mitzi Baldwin of Pamplin and Miss Sherri Reynolds, cousin of the bride of Brookneal.

Miss Susan Letterman, niece of the bride, was flower girl.

Mr. Billy Webber served as best man for his son. Ushers were Mr. Dale Jennings, brother-in-law of the bride of Pamplin; Mr. Jimmy Farmer, brother-in-law of the groom of Pamplin; Mr. Barry Letterman, brother of the groom of Pamplin, and Mr. Mark Letterman, brother of the bride of Pamplin.

Master Darrell Hamlin of Pamplin, cousin of the bride was ring bearer.

Mistresses of ceremonies were Mrs. Margaret Garrison and Mrs. Billie Jean Baldwin and Mrs. Debbie Ferguson attended the guest register.

Immediately following the ceremony, guests were entertained with a reception in the fellowship hall of the church. Hostesses were Mrs. Faye Motley, Mrs. Mary Bailey, Mrs. Connie Pollard.

## Miss Stratton to marry

Patti Lynn Stratton

Mr. James D. Stratton and Mrs. Barbara Herndon Stratton announce the engagement of their daughter, Patti Lynn, to Gary Lynn Moore, son of Mr. and Mrs. Lewis E. Moore of Gladstone.

Miss Stratton is a graduate of Appomattox County High School and is presently employed as a reservationist with Air Virginia. She will be attending Randolph-Macon Woman's College.

Mr. Moore is a graduate of Appomattox County High School and has attended Central Virginia Community College. He is currently employed by United Parcel Service and Moore's Machine and Welding.

The wedding will take place on August 6 at the home of the groom.

## Miss Franklin to marry

Teresa Darlene Franklin

Mr. and Mrs. Beverley H. Franklin of Appomattox, Va., announce the engagement of their daughter, Teresa Darlene to Eddie Lynn Martin, son of Mr. and Mrs. Bennie R. Martin, also of Appomattox.

Miss Franklin graduated from Appomattox County High School on June 3. She is the granddaughter of Mrs. Nora J. Mayberry and the late Edward W. Mayberry and Mr. and Mrs. Walter E. Franklin of Appomattox.

Mr. Martin is a graduate of Appomattox County High School. He is employed by B.H. Franklin Logging.

The wedding is planned for July 23 at 2 p.m. at Vera Church of God in Vera. All relatives and friends are invited to attend.

## Personal Notes

Mr. and Mrs. George Craddock and son Eddie Craddock of Virginia Beach, Mrs. Edna Anderson and Mrs. Janie Chernault of Appomattox were guests at the home of Mr. and Mrs. Wendell McMinn of Lynchburg for a Saturday evening cookout.

Mr. and Mrs. George Craddock and Eddie Craddock of Virginia Beach, Mrs. Janie Chernault and Mr. Clark and Jimmy Chernault were dinner guests of Mrs. Edna Anderson Sunday.

* * *

Mrs. Phyllis G. Thompson has returned to her home after vacationing in Virginia Beach. She was accompanied by her daughters, Phyllis Anne and Pam, of New York City, who will remain in her home until Sunday.

## Birth announced

Mr. and Mrs. Mark Covington are proud to announce the birth of their son, Christopher Alexander, born June 24, at the Virginia Baptist Hospital.

Christopher weighted 8 pounds, 3 ozs. at birth.

Maternal grandparents are Rev. and Mrs. Earnie Lucas. Paternal grandparents are Mr. and Mrs. Beryl Covington.

## Reunion slated

The families of John A. Smith, Sr. and Sally Mable Guill will meet for a reunion Sunday, July 17 at Concord Ruritan Building in Concord.

The reunion is scheduled to begin at 1 p.m.

Directions to the Ruritan Building will be posted on the roads around Concord. Family and friends are invited to attend, and please bring a picnic lunch.

## 'Peter Pan' slated

The Lynchburg Fine Arts Center Theatre Division will open its 1983-84 season in August with a family musical, **Peter Pan**. Auditions for the show will be held Monday, Tuesday and Wednesday evenings (July 11, 12, 13) at 7:30 p.m. in the FAC theatre.

This version of one of the world's most celebrated plays was first produced to critical acclaim on Broadway with Mary Martin as Peter Pan, and more recently with Sandy Duncan in the title role. It's the famous story of the ever-youthful Peter and Tinkerbell, the Darling children, Wendy, Michael and John, and the conniving, blackhearted Captain Hook. Familiar songs include "Never, Never Land," "I Gotta Crow," "I'm Flying," and "Captain Hook's Waltz."

There is a wide variety of roles available in **Peter Pan**. Because the show is produced in conjunction with a Fine Arts Center Summer Youtheatre Workshop, these auditions are open only to high school seniors and adults. ALL CHILDREN'S ROLES HAVE BEEN FILLED. it has not yet been determined whether the part of Peter Pan will be played by a young person or an adult, so the part remains open at this time. Other available roles include Captain Hook, Mr. and Mrs. Darling, pirates, Indians and more.

No experience is necessary to audition for **Peter Pan**. Those interested in trying out for a principal singing role must prepare a solo musical audition (not from **Peter Pan**).

Performances dates are August 12-21. Rehearsals will begin July 14. For additional information call Steve Carr at 846-8451.

## Thomas on Dean's List

Mark D. Thomas, a rising fourth year student at Radford University, has been named to the Dean's List for the past Spring quarter. To be eligible for the honor, a student must attain a 3.4 or better grade point average.

Thomas, a Journalism student, is the son of Mr. and Mrs. Frank S. Thomas of Appomattox.

## UDC plans meeting

A special meeting of the Appomattox Chapter of United Daughters of the Confederacy membership will be held at the home of Mrs. Lucille Ferrell Thursday, July 7 at 2:30 p.m.

Business at the meeting will include election of new officers and other immediate concerns.


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